

Public Health Column HEALTH AND HOME HYGIENE

By HARRIET FULMER, R. N.

"An Equal Chance for Equal Health."
To parents, teachers, guardians and public health nurses.

WHAT DO GROWING CHILDREN NEED?

SHELTER—Decent, clean, well kept house. Plenty of fresh air in house, winter and summer. Warm rooms in cold weather. Separate bed with sufficient bed clothes to keep warm. Satisfactory indoor water closet or outdoor privy. Pure, abundant water supply. A comfortable place to welcome friends.

FOOD—Three square meals a day. Clean, simple, appetizing, well cooked food. Meals at regular hours and sufficient time for them. Dinner at noon for children under 7 years of age.

The daily diet should include: Milk, at least one pint a day. Cereal and bread. Green vegetables, especially leafy vegetables. Fruit. Egg, meat or fish. If no one of these three is



W. R. McCaslin.

W. R. McCaslin, just returned from a year with the Y. M. C. A. in Afghanistan, says serious disturbances confront British forces in India. Radicals are egging on the natives, he says and it will be some time before England will have quiet restored.

used, an additional pint of milk should be given.

CLOTHING—Clean, whole garments. Different clothing for day and night, suited to the climate. Change of underclothes and night gown at least weekly. Change of stockings at least twice a week. Warm underclothing and stockings in cold climates. Heavy coat, cap and mittens for cold weather. Shoes, free from holes, and long and wide enough. Foot protection against rain or snow.

HEALTH AND PERSONAL HABITS—Hands and face washed before meals and at bedtime. Bathing every day, or at least once a week. Natural bowel movement every day. Teeth brushed at least twice a day (morning and night). Regular bed hour. Ten hours sleep at night with windows open. Correct weight and height.

RECREATION AND COMPANIONSHIP—A safe, clean, roomy place for outdoors and indoor play. At least two hours outdoor play every day. Constructive and suitable playthings and toys. Someone with sympathetic oversight to direct the play. The right sort of playmates.

EDUCATION AND WORK—Schooling for at least nine months a year from 7 to 16 years of age. Not more than two hours of "chores" outside school hours. Not enough work, either in school or out, to cause fatigue. Vacation work, if any, must allow ample opportunity for the proper amount of rest and recreation.

RELIGION AND MORAL TRAINING—Opportunity for religious training. Proper moral and spiritual influence in home. Teaching a standard of right

WANT PINK CHEEKS —RED LIPS?

Some unfortunate men and women are prone to wonder why some of their friends are blessed with an abundance of color—pink cheeks and red lips—while theirs are always colorless. The reason for this lack, named condition is—there is not enough red blood corpuscles in the blood—under a microscope the blood is thin and watery. The flesh is flabby, too. Well known physicians assert that the regular administration for several months of three-grain hypenucaline tablets will greatly improve the color and to the weight, make the cheeks pink and the lips red, and in general be very beneficial. For self-administration, obtain from any of the best apothecary shops.

and strong in daily life.

An important Civil Service examination for Public Health Nurses will be covered in Illinois May 8th for the position of State Supervising Nurse for the State Department of Health. The examination is unannounced. Application blanks may be obtained from the State Civil Service Commission, Springfield, Illinois.

THE LADY WITH THE LAMP
On England's annals, through the long Hereafter of her speech and song,
Thou light its rays shall cast
Unquenched, in embryo infant
From portals of the past.

A lady with a lamp shall stand
In the great history of the land.
A noble type of good,
Heroic womanhood.

Not even shall be wanting here
The pain, the lily and the spear.
The symbols that of yore
Saint Filomena bore.

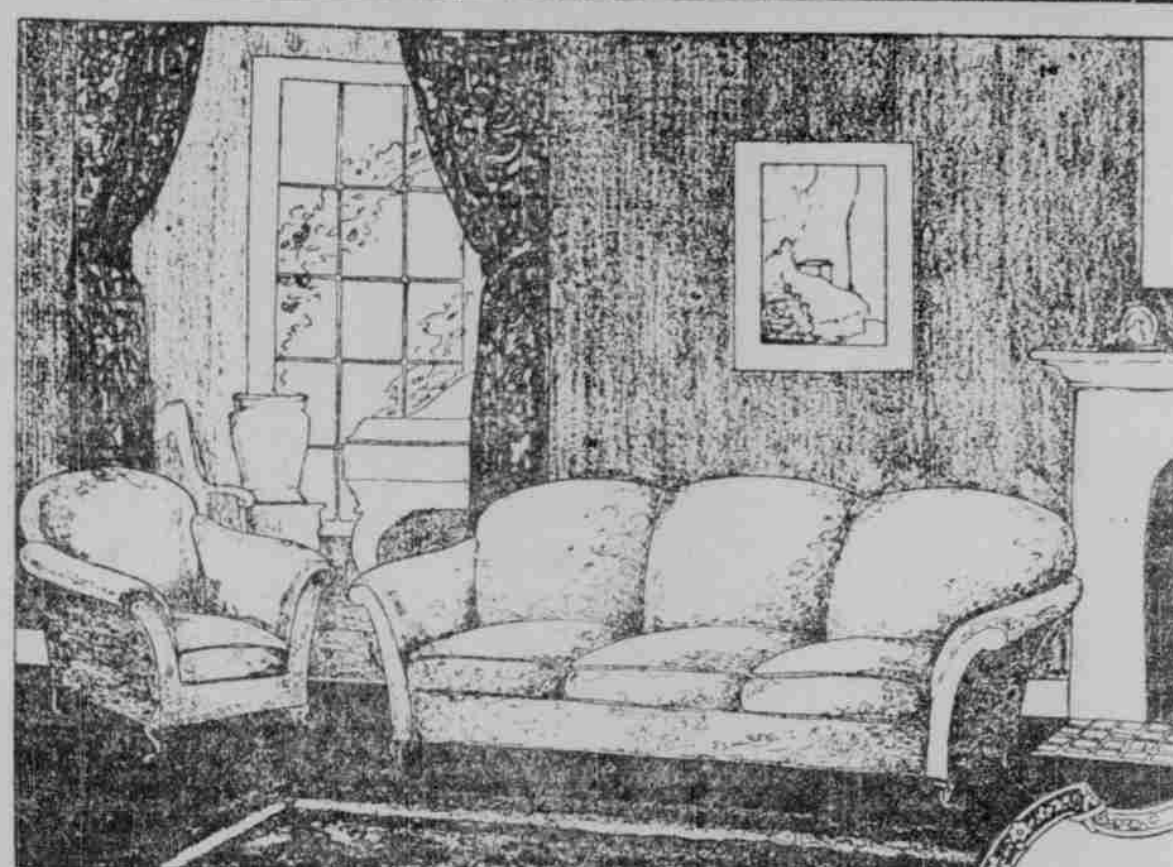
—HENRY W. LONGFELLOW.

When you "know"
you have a stomach it's time to suspect your liver. You need Beecham's Pills. A lazy liver and overworked kidneys allow food poisons to circulate in the blood and irritate the entire body.

BEECHAM'S PILLS
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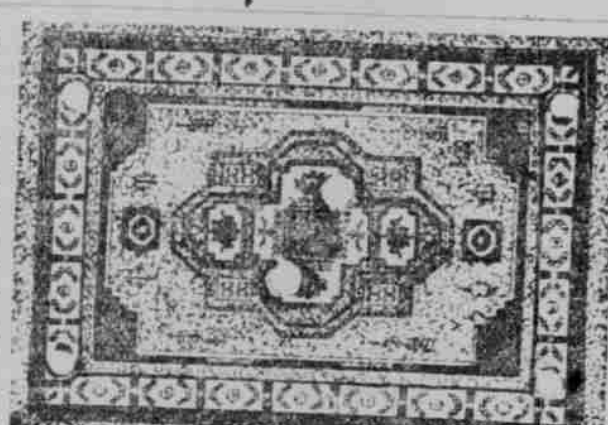
SPIEGEL'S MID- SEASON SALE

DAVENPORT \$169 CHAIR OR ROCKER \$89

This is one of our most popular living room suites which has been sharply reduced for this sale. Davenport is full length, has spring bottom, spring edge, spring filled loose cushion seat, spring back. Chair or rocker of same construction and built in proportion to davenport. These pieces can be bought separately. Covered with damask.

9X12 "SUPERBA HIGH PILE RUGS" OF EXCEPTIONAL BEAUTY.

These rugs have a much higher and thicker pile than any Axminster we have ever advertised. They came in an assortment of the most popular designs, woven in the soft, conventional oriental schemes. 79.50

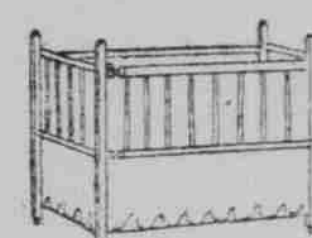
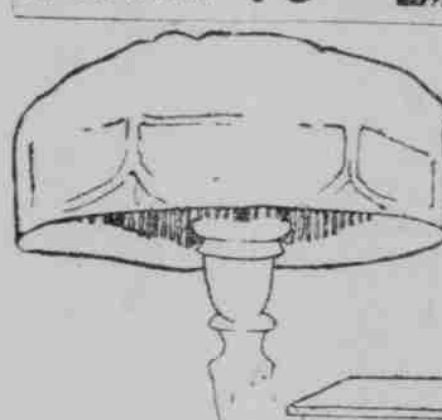


SHADE COVERS.

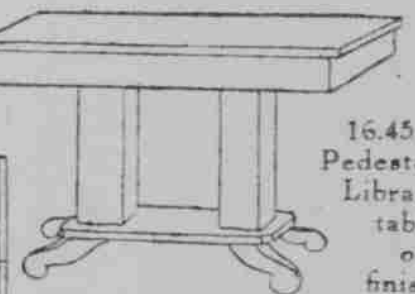
1.95

Made of Argentine glazed, transparent material, 26 inch size. Will protect your silk shade from dust without detracting from its appearance.

A BARGAIN.



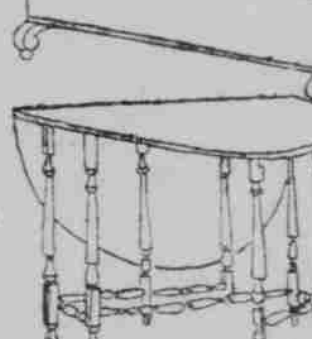
Simmons' crib, enameled. Strong elastic steel spring, high safety drop sides, 14.95.



16.45
Pedestal
Library
table,
oak
finish.

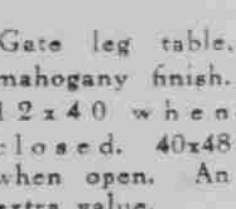


Genuine cedar chest, dust-proof construction, 26.20.
Genuine reed carriage in baronial or gray enamel finishes. 29.85

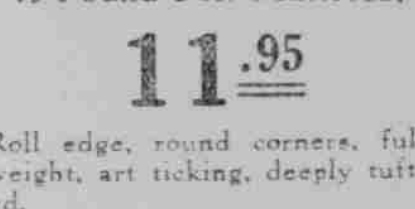


34.65

45-Pound Felt Mattress.



Gate leg table, mahogany finish. 12x40 when closed. 40x48 when open. An extra value. 11.95



Roll edge, round corners, full weight, art ticking, deeply tufted.

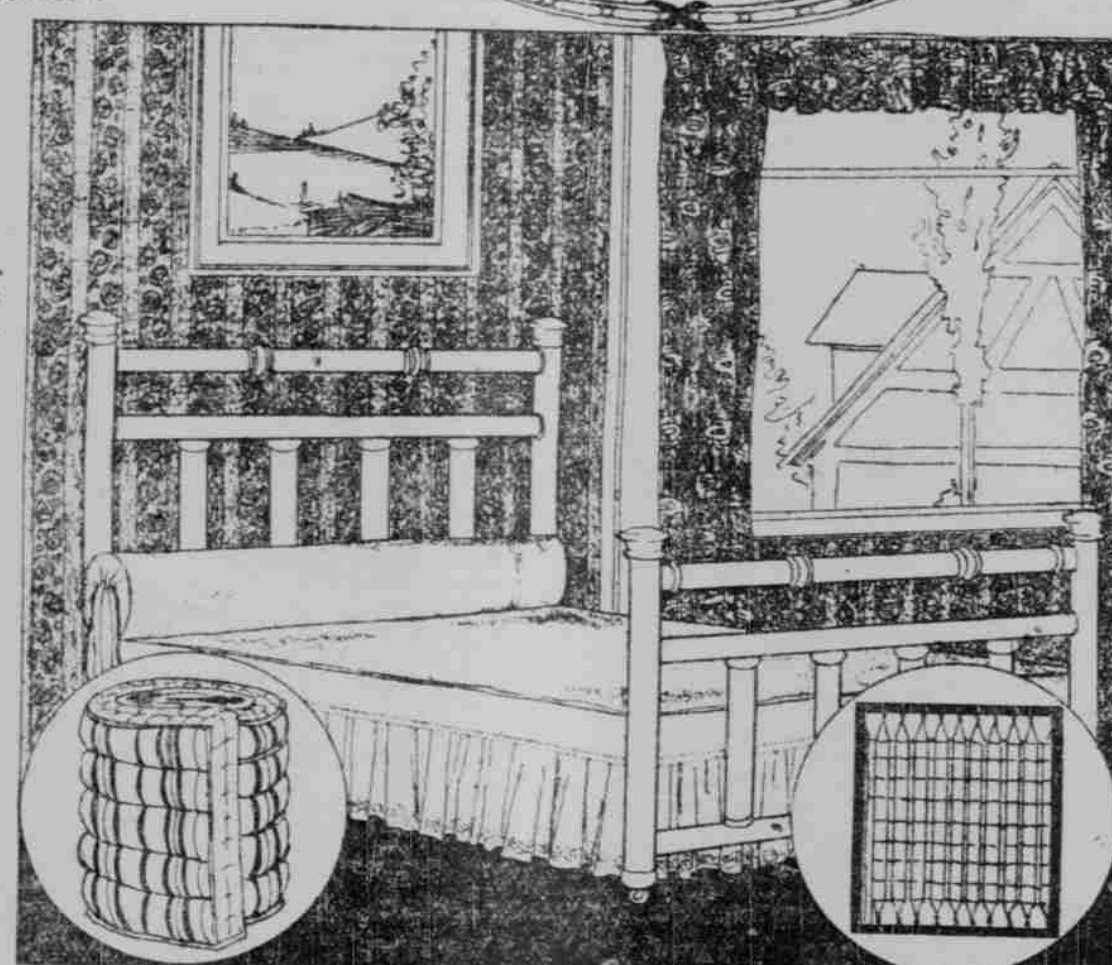


DRESSER 79.50
BED 79.50
CHEST 57.00
TABLE 59.50

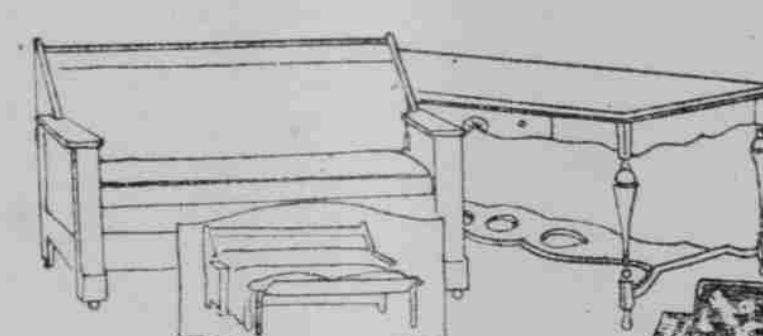
William and Mary design, American walnut, excellent finish and cabinet work. These pieces are priced at practically to-day's wholesale cost. Our stock is limited—we suggest immediate inspection.



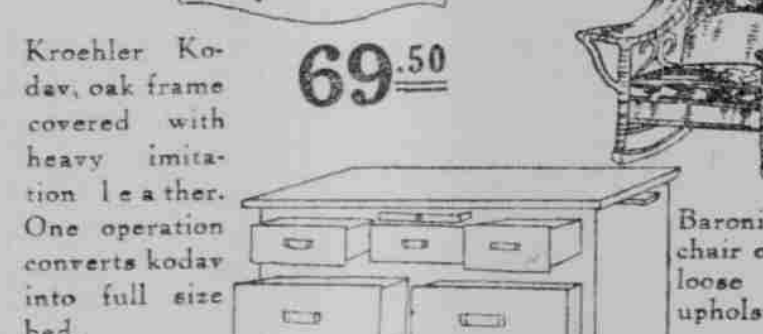
74.65 We have lowered our price on this Jacobean finish William and Mary dining room set. At our Special Sale price it is truly an extraordinary bargain. Table has 48-inch top, extends 6 feet. Chairs to match in design and finish and are fitted with blue slip seats.



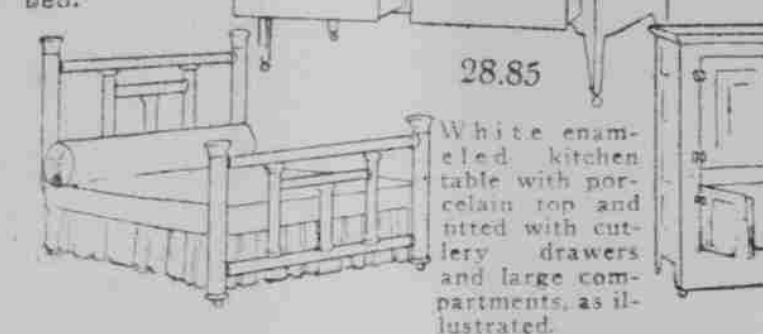
39.85 2-inch post brass bed, made with double top rods, as illustrated. A Simmons bed of this design and excellence of quality, complete with a steel link top spring and a combination mattress, is without doubt an unequalled value.



44.50
solid
mahogany
28x48 inch
library
table

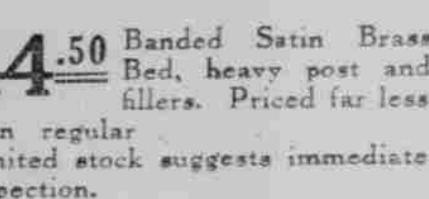


29.25



28.85

29.45 3 door model refrigerator, large ice chamber, food compartments—wire shelves, perfect insulation, patented drain pipe.



44.50 Banded Satin Brass Bed, heavy post and fillers. Priced far less than regular. Limited stock suggests immediate inspection.



FRANK B. McILROY OF HAMMOND Republican Candidate for SENATOR

In making my announcement as a candidate for Senator I deem it my duty to briefly but frankly state the principles upon which I stand, and which will govern my course, if I am elected by your generous suffrages a seat in the Senate of Indiana. These principles compressed into the narrowest compass are as follows:

I declare for state rights and individual liberty. I believe in the support of state sovereignty and local self-government. I am opposed to the National and State Prohibition act, because the people were denied any direct voice in its ratification or rejection, which is an infringement on personal rights.

I am opposed to the present obnoxious Tax Law, and if I am honored with a seat in the senate I will do all in my power to enact a new tax law that will be just and equitable to all taxpayers, whether large or small. I am opposed to the taxation of the poor whose personal property is valued at less than \$500.00. I believe in taxation justly proportioned to such an extent only as is necessary for maintenance of government economically administered.

I favor a just and liberal appropriation to the American Soldiers of the world war, maimed or injured while fighting somewhere in France or upon the high seas to make the world safe for Democracy. I believe that each state should take care of their own. We owe the American Soldier a debt of gratitude that we can never repay.

Labor: The difference from times immemorial between capital and labor lies in the development and acceptance of the sharing of profits. Capital is dependent upon labor and labor upon capital. There must be co-operation between the employer and the employee—harmony must exist for the happiness and prosperity of both.

I believe in and stand for the rule of the people, and I invite all men, who so believe, to stand with me to the end.

Frank B. McIlroy

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